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## The role of sports clubs in integrating and empowering people with disabilities from the point of view of the disabled in Palestine

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### Abstract

The study aims to identify the role of sports clubs in integrating and empowering people with disabilities from the point of view of the disabled in Palestine. The problem of the study was determined by answering the following questions: What is the role of sports clubs in integrating and empowering people with disabilities from the point of view of the disabled in the social, psychological, behavioral, and physical and health aspects?. Are there statistically significant differences in the level of ( $\alpha \leq 0.05$ ) between the role of sports clubs in the integration of persons with disabilities from the point of view of the disabled due to demographic variables such as gender, type of disability, cause of disability, educational level, and sports activity? From this, the researcher conducted her study based on the descriptive and survey method, which is defined as one of the forms of analysis and scientific change organized to describe a phenomenon or specific problem. The sample included (223) players and disabled people. The tool used by the researcher was a questionnaire consisting of five interlocutors, which included the main axis of the demographic variables of the study sample, in addition to the sub-axes of the social axis - the behavioral axis, the psychological axis, the physical and health axes and the cognitive axis. A statistical package (SPSS) was used to analyze the results. The results of the study showed that the Sports Clubs "sports activities and programs" attaches great importance to the social, psychological, behavioral, and physical and health aspects. Considering that sports clubs have a positive impact on the lives of people with disabilities as the only place to practice sports activities and programs and to discharge their energies, and skills. The study showed that there are no statistically significant differences at the level of significance ( $\alpha 0.05$ ) in the total arithmetic mean in estimating the answers of the sample due to the demographic variables gender, type of disability, cause of disability and sports activity. Based on the results of the study, a number of recommendations were suggested by the researcher. The most important of these was that sports activities and programs should be taken care of because they have a positive role in the development of the disabled from the social, behavioral, psychological, and physical and health aspects, especially in the Palestinian camps, where these clubs are marginalized in terms of their participation in sports. An increase of their interaction with other clubs and interest in the design of sports activities and programs should be activated, in accordance with the modern educational trends in the field of appropriate training and integration of psychologically and behaviorally, physically, socially and cognitively people. Appropriate training for people with disabilities should be provided, and the financial budget for sports clubs should be increased so as to enable each club to activate its sports activities and programs, and the appeal of people with disabilities should be enhanced.

**Keywords:** Role of sports clubs, integrating and empowering, people with disabilities, Palestine

### Introduction

There is no society, no matter how much progress and development is achieved by it, without any disabilities, regardless of the types of disability, regardless of the prevention and protection measures. This makes the problem of disability a major concern because it is a problem related to the efficiency of the individuals on whom the community relies on its constructing and development. States are keen to make it a priority to seek the liberation of these disabled people from the constraints of isolation imposed by the nature of the disability. And by the belief in the principle of equality of opportunity and equality, where everyone has the right to play an effective role in society according to its potential (Amer, 2008) <sup>[5]</sup>.

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Disabled people are wide category in the society. This category needs special and important care from the family and the society in general. Disability is either congenital, illness, or accidental, so special care is required for them (Azhari, 2010).

People with disabilities are an important and influential category in our society. This category, despite what God troubled them, they are hardworking, serious and patient, But also some of them are gifted with instinct ; inventor, writer, intellectual, poet, or a good artist in painting an expressive paintings, and by this case, there is no alternative except to give this social segment all the attention and appreciation it deserves, It is our duty to provide this category with all material, educational, and psychological assistance, not to only treat them with empathy and fitness in dealing, which reflects compassion, that such behaviour, although it is a duty imposed by social well-being, but we must also give this category all the material aid, educational, psychological, they are not brainless or unable to participate in building the country, but they need simple provisions that facilitate their participation, and make them feel that they are still able to build and give good things like others, and it must be a cultural family which can deal with this category and discover their talents, abilities, shed light on them, exploit them in the right way and not to view them as burdensome and an additional burden that cannot be presented or mocked (Potros, 2015)<sup>[16]</sup>.

Taking care of disabled people as a social group affected by a degree of disability is a moral and human duty imposed by various equal and human values, but it is also a duty imposed by the nature of social solidarity, and the right of the individual to society, and perhaps one of the most important problems suffered by disabled people is the lack of integration into society and interaction with it, the interaction of people with disabled people and their integration into people is a great importance in their psychological and social life. Therefore, working with the disabled is a humanitarian issue and a service that requires careful awareness and understanding, by directing them and providing help and assistance to them in order to benefit from their talents and abilities (Ibrahim, 2007)<sup>[8]</sup>.

### Statement of the Problem

The current study investigates the role of sports clubs in the integration and empowerment of disabled people from the point of view of themselves. The researchers, through their work in the Higher Council for Youth and Sports as members of the Employment Interviews Committee, noted that applicants with disabilities are in dire need of integration and empowerment, because they can't express themselves and need a family member to express what is inside, which led us to care and to find solutions to get rid of those problems or alleviate them, the sports clubs have a role in this area through the exercise of disabled people in sports activities to get rid of isolation and psychological problems. As the researchers found, the programs of integration for disabled people are very limited, and can be said: There are no studies and data documented on sports activities and programs and their role in the integration of disabled people, and the effectiveness of those programs and activities in reducing the problems and the difficulties that limit the participation of disabled category, reduce it, respect and appreciation of the community to that category, and also provide that category self-confidence where it is the basis of self-esteem, therefore, the current study seeks to show the sports clubs role and their

effectiveness through programs and activities in the integration process, which led to the need to do this study and identify the problem of "integration" that may produce results that help to upgrade activities and programs levels "Games" for disabled people, it also contributes in scientific addition of the field of sports education offered by sports clubs in Palestine. The problem of disabled people is an issue that viewed by States as a universal humanitarian and fully civilized. Where the level of care for them is a fundamental criterion for measuring the civilization and development of nations.

### Significance of the Study

1. The importance of its subject. The subject of sports activities and programs is one of the most important issues for people with disabilities. It creates an educational, cultural, psychological, behavioural and healthy environment, and works to improve their skills and abilities to promote their participation and social integration.
2. This study is an analysis of the psychological, social, behavioural and health problems experienced by disabled people, and provides appropriate solutions to these problems, and an attempt to reveal the extent of interest of sports clubs for them within their possibilities.
3. This study consolidates the recent experience of sports clubs in the process of integrating and empowering disabled people through sports programs and activities to take them towards a bright future and needed aspirations.
4. Scientific addition to previous efforts, as the literature of research in the field of disabled people is free from studying sport clubs role "activities and sports programs", because of the lack of global studies in general, and in Palestine in particular, and results will be a new scientific addition.

### Objectives of the Study

The main objective of the study is to identify sports clubs role in integrating and empowering disabled people from the point of view of them.

1. Recognizing sports clubs role in the process of integrating and empowering disabled people "socially, psychologically, behaviourally, physically, healthy, and cognitively" from the viewpoint of the disabled.
2. Identify the differences in sports clubs role in the process of integrating and empowering disabled people from their point of view according to demographic variables: gender, type of disability, cause of disability, educational level, and sports activity.

### Questions of the Study

- 1) What is the role of sports clubs in the process of integrating and empowering disabled people in the areas of "social, psychological, behavioural, physical health, and cognitive aspects from their own perspective?
- 2) Are there any statistically significant differences in sports clubs role in the integration and empowerment of disabled people from their point of view due to the demographic variables "gender, type of disability, cause of disability, educational level, and sports activity practiced?

### Literature Review and Related Studies

The previous studies have particular importance as they define the compass of researchers towards the goal, to achieve

the accumulation principle in scientific work, and the integration of building on previous researches to contribute in the arrival of facts or scientific theories based on these researches and consistent with the logical thinking that inherent to it. Therefore, the researchers present a set of previous studies, including those which concerned in the disabled integration, interested in evaluating programs and sports activities, and which concerned in the problems that experienced by disabled people, and to find out the most important topics covered by these studies and to identify the methods and procedures adopted, and the findings that it reached; the researchers arranged the studies from the newest to the oldest starting from Arabic studies then foreign, as follows:

Ghoneim *et al.* (2016) investigated the degree of difficulties faced by disabled students after their integration with the ordinary students at Al-Balqa Applied University. The study used the descriptive method, where the study sample consisted of (48) of disabled and ordinary students. The study showed that 82% of the academic, material, financial, psychological and social difficulties were in large and medium degree, which could be described as a major problem that needs to be challenged and prioritized to address it, and to reduce these difficulties in the circumstances and the available possibilities. The absence of statistical significance differences at the level of ( $\alpha < 0.5$ ) in difficulties degrees attributed to any of the variables: (sex, educational level, or specialization) on the whole tool, and all three areas - There were statistically significant differences at the level of ( $\alpha < 0.5$ ) in the academic field, and in the psycho-social field, the degree of disability is attributed to the disability type among the members of the hearing disability sample, and both the visual and motor disabilities in favour of the hearing disability sample. There are significant differences in the physical field in the degree of difficulties due to the disability type among the members of the visual disability. The study recommended conducting more researches and studies on larger samples, on different colleges, and holding joint meetings between the concerned parties, including the students themselves, to overcome the difficulties.

Al-Lahiani (2016) <sup>[3]</sup> aimed to identify the objectives and methods of administrative performance, and the methods of communication followed by the Department of Public Relations in the Special Needs clubs in the Kingdom of Saudi Arabia, and to propose a model for the development of public relations management in Special Needs clubs. The study followed the descriptive method. The tool consisted a questionnaire that consisting (40) words distributed on three main axes: the objectives, the administrative performance methods, the followed communication methods, and all the club's workers in the special needs club, (239) individuals. The study found that the reality of public relations in the Special Needs clubs in the KSA is average, whether in the sub-axes (public relations objectives, management performance methods, communication methods) or the total score, and the absence of statistically significant differences between the average responses of the study community. Due to the variable functional characteristics, and the absence of statistically significant differences in the axes of the objectives, the methods of administrative performance, and the total score is due to the variable number of years of experience, while differences were found in the axis of means of communication for the benefit of those with experience from (5) to less than (10). The study recommended the importance of Special Needs clubs to be more comprehensive,

and the inclusion of the Department of Public Relations as an independent department in the organizational structure of sports clubs.

Abu Shamla (2015) <sup>[1]</sup> tried to identify the attitudes of physical education teachers toward the integration of the disabled students with the ordinary students in the physical education class. The study tool is the questionnaire to measure the attitudes of physical education teachers towards the integration, where the sample of the study consisted of physical education teachers for the public schools in Tubas, Qabatiya and Jenin, and they were 120 teachers and teachers. The study used the descriptive method, and found that teachers' attitudes are positive towards the integration of disabled students with ordinary students in the sports education sector. There are no statistically significant differences in the attitudes between teachers towards the integration of the disabled students in the physical education sector, and all the study variables "gender, qualification, Place of residence, and teaching stage ". The study recommended the necessity of activating a general and systematic policy by all concerned parties to implement programs and plans for the integration of the disabled in regular schools and the need for suitable schools to provide a learning environment that facilitates the task of disabled students and teachers to achieve the best possible integration.

Al-Qahtani (2015) <sup>[4]</sup> aimed to evaluate sports activities programs in disabled clubs in the southern and western regions of the Kingdom of Saudi Arabia in terms of its objectives, the roles of the authors and the players, the nature of the activities, the extent of the benefit for the disabled, the environment, and methods of evaluation from the perspective of the club's workers. The curriculum of the study followed the descriptive method. The study tool consisted a questioner of (153) expressions divided into seven axes: (objectives, planners, trainer, sports activities, and educational environment, player and evaluation methods). This study was applied to a sample of (71) of disability supervisors, specialists working in disabled clubs in the southern and western regions of the KSA. The study recommended evaluating the sports activities programs in disabled clubs with a relative weight of 69.02%. It also recommended linking the objectives of the sports activities with the financial resources allocated to them, and involving all the workers in setting goals and taking into account the disabled's needs in those clubs in the planning process.

Salah (2015) <sup>[18]</sup> aims to shed light on the issues of integration and universal access for disabled people, issues of integration, education, social, employment empowerment of the disabled, and review of Arab and international experiences. The conference developed strategies that contribute in reducing disabled people integrating and empowering problems in regular schools, and emphasizing the role of partnership between education and community institutions to facilitate the integration and empowerment of the disabled in education and society, and the recommendations made by the conference to activate the vision provided by the establishment of the Arab Council for disabled People, which serves as a comprehensive umbrella for the provision of services them at the level of the country, and the emphasis on following-up the activation of the Constitution articles the disabled and working to ensure their rights and activating programs of early intervention and prevention of disability by providing preventive and guidance programs.

The study of Zayud *et al.*, (2015) aimed to identify the role of sports clubs in satisfying the sports' needs of youth "physical,

social and cultural" from the point of view of the students of the Faculty of Physical Education at Yarmouk University. The study used the descriptive method by applying a questionnaire on a random sample consisting of (190). The questionnaire included (30) paragraphs divided into three axes: "physical, cultural and social". The results of the study showed that there is a positive and important role for sports clubs in satisfying the social, physical and cultural needs of young people "from the point of view of the students of the Faculty of Physical Education at Yarmouk University. The results of the study showed that the needs of young athletes of both sexes were satisfied by the programs offered by sports clubs, and revealed that the cultural returns achieved for young people who live in the city is more than that achieved for young people who live in the village. The study recommended the need of the cultural, social and physical activities' expansion from the sports and youth departments to attract young people - as much as possible - to participate in clubs and sports centres, programs and activities to increase the friction and experience and strengthening relationships among young people.

Abdul-Azim, *et al.* (2015) aimed to identify the role of the physically disabled' sport centres in venting themselves and achieving comprehensive development in various areas of life through training and evaluating the activities of physically disabled' centres. The study sample consisted of (120) disabled athletes representing (8) disabled sport centres in four governorates, (16) members of the administrative staff of these centres and some specialists in that area. The study used the descriptive method "survey studies" and the data collection tool was questionnaire for evaluating the activities of the physically disabled. The study reached the following results: the insufficiency of the approved budgets for activities within the sport centres; the lack and stagnation of the activities provided; lack of Psychological and social programmes applied or planned in the centres, and the lack of psychological and social rehabilitation for the disabled. The study recommended increasing the budgets approved for the disabled' centres, and developing sports plans and programs that fit the individual's differences which results from the disability difference in sport centres and the need for technical and psychological rehabilitation for the trainers' administrative body.

Al Kurdi *et al.*, (2015)<sup>[11]</sup> aimed at identifying the motives for practicing sport activities among the physically disabled athletes in Jordan. The sample of the study included (106) disabled who were registered in sport clubs. The study used the descriptive method and the questionnaire as a tool for collecting data. The study concluded the most important results that the level of practicing sports motives in the total fields and it was extreme where the average percentage was (73.78%) and there were statistically significant differences due to the variable of qualification for the qualified players and the total motivation, as well as differences according to the variable social status of the single player, in the areas of the tendencies' motives of social, psychological and moral characteristics, voluntary and professional, in addition to the age differences in favour of players who are less than (20) years, while there were no differences in the rest age groups, and there were no differences attributed to the variable type of disability and the exercise level type. The study recommended the need to pay attention to physical motives and to provide specialists in the motor disability sport to be able to modify behaviour, achieve learning and raise the level of performance.

Al Sultani's (2014)<sup>[2]</sup> tried to identify the disabled's integration within the society and changing the prevailing cultural idea about disability by identifying the roles that the members of society and its institutions can contribute to achieve acceptance through social normalization with this group in order to develop policies and mechanisms to integrate them in all development issues. The sample of the study consisted of (5) civil associations in Sultanate Oman. The study used the descriptive method, and reached the following results: Participation and social integration of the disabled has led to include the largest possible number of disabled students, and to modify the attitudes and behaviours of the community members towards this category by exploring the abilities and capabilities of disabled people who have not had the conditions to prove them, and to address the psychological and social problems of the disabled and to take responsibility and professional compatibility.

Sayam's study (2012) sought detect the effect of a health-related educational program on the level of social competence of students with visual disabilities. The study used the survey method, and sought to examine the study questions. There were no statistically significant differences at ( $\alpha < 0.05$ ) between students with visual disabilities in the experimental and control groups on both health-related fitness indicators and level of social adequacy and their sub-dimensions are attributed to the health-related educational program for health, and the severity of the disability on one hand and gender on other. The study society consisted of students in the fourth and sixth grades with visual disabilities. The total number of students was 63 male and female students, 38 males and 25 females. The study sample consisted of 16 students who were randomly selected as a control group. The most important results were statistically significant differences in favour of the experimental group on health-related fitness indicators: "Flexibility, muscular endurance, muscular strength, and aerobic endurance".

Al-Khatib *et al.* (2012)<sup>[10]</sup> investigated the activities of the game and its role in modifying behaviour, improving the developmental aspects of mentally disabled children, and the effects of integrating this group with their ordinary peers in the activities of daily life which helps to accept them and thus increase their integration into society as a whole. The sample of the study consisted of (32) children from the school of intellectual education in Al-Nasr city in Cairo, who ranged in age from 6-12 years and their intelligence coefficients between (50-70) and were divided into two groups". The study sample consisted of (32) children from the Intellectual Education School in Al-Nasr City in Cairo, who ranged in age from 6-12 years and their intelligence coefficients between (50-70). They were divided into two groups: "control and experimental". The study also examined the Stanford test, the socioeconomic level of the Egyptian family, the social skills scale and the verbal communication scale. The study concluded the results of the most important of the effectiveness of the program used in the development of some of the skills of adaptive behaviour in the group, and improve the social skills and verbal communication in children who were trained, comparing their performance on the scale of social skills, and the measure of verbal communication users before and after training. The study recommended the effectiveness of intervention by playing with children with mental disabilities through the use of recreational activities, sports and music.

Kirsten (2016) aimed to find out the extent to which disability can be found in local sports institutions in the Netherlands and

aims to focus on the social role that aims to create equal opportunities for each person by participating in all sports activities. Sport is the strategic tool for including marginalized groups such as athletes with disabilities. The study used the analytical method through the case study, where many of the samples of the study was analysed in depth, and the study reached the most important results that athletes with disabilities see themselves as obstacles in the sport institutions. The study recommended that the inclusion of people with disabilities be through their active and intensive participation, not anonymous players, and encourage them to participate actively in sport institutions by organizing joint training sessions and increasing sports services that provided to them in order to reach wider representation of disabled people in sport institutions.

Mong (2014) aimed to emphasize the importance of evaluating students with disabilities in physical education, how do they view the evaluation process through physical education, and to understand the evaluation of these students, especially through the process of motor and sport education. It also sought to find whether there were differences between evaluations of disabled students and normal individuals. This was illustrated by the application of the study to the Norwegian school, where there is political support for the inclusion of disabled students despite the political support, the research showed the teachers' attempt to recognize disabled students. The research answers the following question: "How can students with disabilities note the recognition required in physical education? Are there any distinctions or differences between students with disabilities and normal students?" The research question was answered by distributing a questionnaire to analyse the answers after obtaining them. The study used the experimental method, and reached the most important results that there is interest in students' assessment in academic education, and also there are seven advanced differences used as a tool for experimental results. Differences focused on achievement of tasks, knowledge of assessment measures, the attraction of students to the assessment of education, and equity feedback. The study recommended showing differences between students with disabilities and ordinary students, as well as how do they receive appreciation and differences.

Fekade (2012)<sup>[7]</sup> explored the challenges and opportunities of students of physical disability in sport education in Addis Ababa, and to find possible recommendations to help in developing the level of students in practical classes. The quantitative approach was used in this study. The data were collected through interviews focused on group discussions and the list of observations. The data were carefully organized and analysed through interviews while the observations were analysed in the scientific field quantitatively. The study found that there is an exception for disabled students from practical classes, the support provided to them was little and low. There was also a decrease in awareness among principals, employees, academics, peer groups, parents and others in the participation of disabled students in the practical field, so this support and encouragement for this issue is insufficient and discouraging, as training instructors, rotating materials, required facilities, equipment are inappropriate.

Power, (2010) aimed to find out whether disabled students could be included in the school classrooms beyond the basic stage in Watford. Quantitative and qualitative data were collected and organized through two phases. Phase I: includes teachers in sport education (12), all students with disabilities in secondary schools in Watford (22), and interviews with

teachers specializing in education Sport; the first phase was completed and the second stage was developed. The second stage was developed with emphasis on the observations of disabled students' participating in the sport courses, which were established according to the observations and information collected from the first stage, and the seminar that was organized with teachers and disabilities' assistants. The study found that only 1% of the students surveyed in Watford suffer from motor disability and that few disabilities' teachers have received initial training or an opportunity to obtain advanced training related to disabled people.

The researchers benefited from previous studies in enriching the theoretical framework of the present study, in defining the study's axes, dimensions, and variables, in selecting the study methodology, the statistical methods used in these studies, how the data were analysed, the interpretation of the results, - and the formation of paragraphs, and finally benefited from the sources and references relied upon by previous studies to save time and effort.

### **What distinguishes this study from the above studies**

1. The study subject: This study dealt with an important subject, the disabled people categories, with the exception of mental retardation, and the role of sports clubs in integrating and empowering them in society through sport activities and programs. Where this study is considered the first in Palestine, within the limits of the researchers' knowledge, who examined the role of sport clubs and sport programs and activities that clubs have offered for disabled people.
2. The study community: This study was limited for disabled people who belong to specialized sport clubs for them in Palestine (West Bank and Gaza Strip).
3. This study blocked previous studies gaps, where the researchers were able to link between integration and empowerment, sport clubs and activities, programs and disabled' sport. It details and explains what was missing in the previous studies.
4. The study problem has not been touched by previous studies, it has studied the role of sport clubs in the integration and empowerment of disabled people as an axis key that has not been addressed in the same method, style and the research community - according to the researchers -.
5. The study objectives have not been sought by anyone in the same manner, as well as the scientific methods, the addendum is clear.
6. This study was distinguished from previous studies in it's comprehensive for all types of disabilities "except mental retardation" in the West Bank and the Gaza Strip.
7. The study presented the obstacles and problems experienced by disabled athlete people who are in sport clubs.
8. The study showed the positive role of sport clubs in integrating and empowering disabled people in Palestine.
9. The study showed that there are no statistically significant differences due to the demographic variables "gender, type of disability, cause of disability, educational level, and sport activity" and between the sample of the study.
10. The study showed that there are no statistically significant differences due to the study's axes, "social axis, psychological axis, behavioural axis, health physical axis, and cognitive axis" and between the study sample.
11. The study showed the great interest that sport clubs play

for disabled people through sport activities and programs in social, behavioural, psychological, physical, health, and cognitive aspects.

## Methods and Procedures

### Methods

In order to achieve the study objectives, the descriptive approach was used for its relevance to the study nature. The purpose of the study is to obtain real and realistic information about the role of sport clubs in integrating and empowering disabled people from the point of view of them.

The researchers did not stop at collecting information, but analysed it to produce its results, and devised the recommendations of the study through these results after interpretation. The analytical method was used to examine the conclusion of the influence relationship content between the variables of the study. And in order to achieve the practical achievement, the method and procedures were dealt in collecting data from primary and secondary sources. The study tools that included the questionnaire and the literature survey were identified and we tested these tools and measured their validity by presenting them to the experienced and competent arbitrators.

### Instruments

1. Questionnaire: A questionnaire was designed for disabled people within the sample of the study after returning to the previous literatures on the subject to clarify the theoretical background of the study. Based on the previous studies, a questionnaire was designed to collect data on the subject and then the data was scheduled, analysed and processed statistically, to extract results compare it, and understand the relationships between axes and variables.
2. By reading the literature that was written on the subject locally, regionally and internationally, whether researches, or articles, data records, bulletins, specialized periodicals, or field visit.

The questionnaire was distributed by several means to the study sample, such as: Direct delivery to the majority of the sample, via e-mail, and via Aramex to reach the sport clubs for disabled people in the Gaza Strip, for those who could not be directly connected to them; respondents were brought directly from the respondents, and the questionnaire was collected, sorted and analysed on the SPSS: Statistical Package for Social Sciences program.

### Procedures

Statistical processing to complete the practical framework of the study, the researcher emptied the questionnaire data and analysed it through the SPSS program. The following statistical tests were used:

1. The arithmetical averages of the independent variables and the standard deviations for each paragraph and axis.
2. One Way Analysis of Variance was used to test the relationship between the domains and the total score of all paragraphs to determine the significance of this relationship and the correlation value between them.
3. The use of  $\alpha$ -coefficient ( $\alpha$ ) to determine the significance of the stability coefficient for the domains, the axes, and the whole sampling paragraphs.

### Design of the Study

The researchers developed a questionnaire by studying

previous studies related to the study, and designing a questionnaire consisting of:

Part 1: General information The "demographic characteristics" of the study sample in terms of Sex (male or female), type of disability, cause of disability, level of education, and sport activity.

The second part includes (5) axes to study the role of sport clubs in the integration and empowerment of disabled people from the point of view of them in Palestine, as follows:

1. Section I: The social field.
2. Section II: The psychological field.
3. Section III: The behavioural field.
4. Section IV: The physical and Health Field.
5. Section 5: The knowledge Field.

### Virtual honesty of the study tool (arbitration questionnaires)

After the questionnaire was prepared in the initial format, it was presented to a group of arbitrators to determine the appropriateness of the questionnaire for the study purposes, and they were provided with a copy of the questionnaire and the first chapter of the study, to study the objectives and its questions in order to ascertain the veracity of the tool, what was designed for it, the relevance of the paragraphs, the number of topics, the variables of the study, the appropriate language formulation and composition, the absence of repetition and intervention between the paragraphs, the relevance of paragraphs and axes that formed, the inclusion of proposals, and the views of experts arbitrators, and it was developed according to their observations, where there were a specialist in physical education, a psychologist, a sociologist, a specialist in statistical analysis, and a linguist.

### Reliability of the Instruments

To verify the study tool stability, the researchers verified the tool stability by calculating the coefficient of stability through the equation (Kronbach Alpha), where the value of the stability factor on the total score according to the equation Kronbach Alpha (0.972).

### Limitations of the Study

This study is limited to the following:

Time: This study was applied in the period between (6/2016) and (12/2017).

Spatial: The study was limited to sport clubs in all governorates of the country (West Bank, Gaza Strip).

Human: The study aimed at disabled athlete people in sport clubs in Palestine.

Objective boundaries: The study focused on the role of sport clubs in integrating and empowering disabled people from the perspective of them.

### Sample of the Study

The sample of the non-potential study was determined using the purposive sampling, ie, targeting the number of the disabled people who are affiliated with the sport clubs, where the disabled people were divided "the research community" according to geographical location. The study sample was chosen in a deliberate manner, where the sample of the study contained "223" disabled. 28.3% female, the type of motor disability ranked first (69%), while the sample showed that the cause of disability as a result of injury is ranked first (29.6%) followed by the cause of congenital disability (22.4%), and it included at the educational level (40.8%) for secondary, and (24.2%) for the academic, as for sport activity,

the sample was divided into 51% for the collective game, 23.9% for the individual game and (24.8) for the free activity.

### Discussion of the Results

After conducting this study, which aimed to know the sport clubs role in the integration and empowerment disabled people from their point of view in Palestine, the study reached the following conclusions and results:

\* The main question of the study: What is the role of sports clubs in the integration and empowerment of disabled people in the social, psychological, behavioural, healthy physical, and knowledge?

The result was that the arithmetic average of the total score of the social field is 4.00, with a standard deviation of (1.01), (79.9%), while the mean of the total score of the psychological field is (3.92), with a standard deviation of (0.64), (78.5%), and the mean of the total score of the behavioural field is (3.92), with a standard deviation of (0.61) and (78.5%). The mean of the total physical and health field is (3.92), with a standard deviation of (0.61), (78.5%), and the mean of the total score of the cognitive field is (3.92), with a standard deviation of (0.61) and (78.5%). This indicates that the level of the axes: "social, behavioural, psychological, physical and health" were high.

The researchers attributed these results to the fact that sport clubs pay great attention to social, psychological, behavioural, physical, health, and cognitive fields as they are the only place to practice sport activities and programs, and to empty the energies, skills and abilities within them. That the majority of sport clubs are almost devoid of sport equipment and devices which have a great importance for disabled people to empty the energies, abilities, skills and to feel that the community interest toward them.

In addition, participants with disabilities in sport clubs "sport activities" are few. The researchers attributed these results to the fact that most disabled people' sport clubs for are marginalized and inactive in terms of their participation with other clubs, whether local or international. It was also found that the number of disabled people during the election period increased because of political purposes and not as sport participants.

The study results showed that there is insufficient awareness in sport and sport education culture from disabled people, as they contribute in the development of communication and social integration with others.

This result is consistent with the study of Salah's study (2015) [18], Khaled *et al.* (2015), Al Sulatani's study (2014), Khatib's study (2012) [10], Omar's study (2009) [14], Dababneh's study. (2008), and the study of Awadah (2007) [6].

Sub-question: The role of sport clubs in the integration and empowerment of disabled people is attributed to the demographic variables "gender, type of disability, cause of disability, scientific qualification and sport activity: There were no statistically significant differences at the level of significance in the overall mathematical averages in estimating the sample members' responses due to the demographic variables "gender, type of disability, reason of disability, scientific qualification, and to verify this hypothesis, the Independent Samples Test was used. The significance of the significance level was greater than (0.05) and (0.06), and this is not statistically significant. Therefore, we accept the null hypothesis that there are no statistically significant differences at the level of statistical significance (0.05)  $\alpha$  in the total arithmetic mean in estimating the sample members' responses due to the demographic variables

"gender, disability, and sport activity.

This result is very important for the researchers, since the sex variable is considered a much higher proportion of males than the proportion of females with disabilities. The researchers attributed this result to the fact that Palestinian society is a traditional society where females with disabilities are not allowed to go out and join sport clubs despite their urgent need for sport and their need to integrate with other disabled people from other countries and cities to achieve integration, interaction and to escape isolation and social constraint.

With regard to the scientific qualification, the result was that individuals with disabilities who have a high school diploma had the highest proportion. The researchers attributed this finding to the special status of disabled people and the difficulty of mobility to complete the educational stages. However, individuals with disabilities have very high skills and abilities, despite the lack of scientific qualifications, they are talented in nature, we find the writer, poet, artist who paints expressionist paintings, and inventor.

With regard to the type of disability and the cause of disability, the kinetics disability due to injury was the highest. The researchers attributed this result to the wars and restrictions imposed on the Palestinian people from the Zionist occupation and intended to cause disability by targeting the lower limbs of the Palestinian youth.

As for the practiced sport activity, sports were the highest results, and the researchers attributed this result that sport clubs aimed to the integration, interaction and acceptance of disabled people through the collective games.

These results are consistent with the study results of the Ghoneim *et al.* (2016), which showed that there was no statistical significant differences at the level of ( $\alpha < 0.5$ ) in the difficulties degrees, attributed to any of the variables (gender, educational level or specialization), and Abu Shamla's study (2015) [1] which also showed that there was no statistical significant differences in attitudes between teachers towards the disabled students' integration in physical education lesson, and all the study variables "sex, qualification, years of experience, place of residence, and teaching stage", also Sayam's study (2012) has showed that no statistical significance at the level of ( $\alpha < 0.5$ ) between visual impairment students' average performance in the experimental and controlled groups, on both health-related fitness indicators and the level of social adequacy and its sub-dimensions which attributed the educational program of fitness related to health, the severity of disability on the one hand, and gender on the other. There were no significant differences in the physical construction index.

### Conclusion

In light of the above results, the researchers concluded the following:

1. It has been shown that sports activities and programs for disabled people have a great role in developing social aspect in terms of raising the level of interaction with society, developing the moral aspect and developing the spirit of cooperation through the integration between them and their normal and disabled people.
2. It has been shown that sports activities and programs for disabled people have a positive role in changing the disabled's behaviour and psyche, and in increasing their sense of self-confidence and safety.
3. It has been shown that sports activities and programs for disabled people have a positive role in improving their physical and health image, increasing the resistance



against diseases and making him enjoying a physical health.

4. It has been shown that sports activities and programs for disabled people have a positive role in the disabled's cognitive aspect, they are working to increase their knowledge of clubs and to identify activities and sports for them, with regard to public knowledge, the result was mediocre because of the lack of educational publications and information campaigns about disabled people' clubs.
5. It was found that there are no statistically significant differences at the level ( $\alpha 0.05$ ) between the role of sport clubs in the disabled integration and empowerment from the disabled point of view, based on demographic variables gender, type of disability, cause of disability, and educational level.

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